



South Pasadena Senior Center

1102 Oxley Street, South Pasadena, California 91030

September & October 2018

IMPORTANT NUMBERS

CITY HALL
626.403.7200

FIRE
626.403.7300
(NON EMERGENCY)

POLICE
626.403.7270
(NON EMERGENCY)

PUBLIC WORKS
626.403.7370

LIBRARY
626.403.7330

ELDER ABUSE
HOTLINE
877.477-3646

HUNTINGTON
HOSPITAL
626.397.5000

SANTA ANITA
FAMILY SERVICES
626.359.9358

EMAIL RESERVATIONS:

RESERVATIONS@SOUTHPASADENACA.GOV

CONTACT US:

Senior Center:
626.403.7360

Monday - Friday
8 am to 5 pm

Dial a Ride
Transportation

Number:
626.403.7368

Spaghetti Feast

Friday, September 28, 2018

11:45 am to 1:30 pm

Reservations opened August 13

Entertainment provided by: James Moreno

Sponsored: The Kensington of Sierra Madre

Menu

Spaghetti Bolognese

(Meatless also available)

Green salad with croutons

Garlic bread

*Spumoni ice cream
w/ butter cookies*



FLU SHOT CLINIC

Wednesday October 3, 2018,

9:30 am to 11:30 am

Provided by Huntington Hospital

Line forms at the rear of the Center



HALLOWEEN With FRIENDS LUNCHEON AND COSTUME CONTEST

**Wednesday, October 31, 2018,
11:45 am to 1:30 pm**

Entertainment by:
Clarence Ulrich
Reservations open:

**September 24 residents &
September 27 for all others**

Sponsored by: Home Instead Home Care



September & October 2018

PAGE 2

Dear Members and participants:

Many of us are relieved that Fall is at our door step and welcome the cooler days after the summer months. The Senior Center scheduled a variety of educational programming for seniors to take advantage. The programming is designed to assist with health related matters; to be informative and useful with age related and make retirement years a little more joyful.

Our meal delivery program is needing volunteers. We have a team of two volunteers per day to deliver meals Monday through Friday. We also have a list of back up volunteers to fill in when a volunteer is not able to deliver. In the last month we have been challenged with regular and back up volunteers not being available. If you have time once per week to assist please contact myself or Katrina our Site Manager.

We look forward to seeing you at our special events, September 28 Spaghetti Feast and October 31 Halloween luncheon & Costume contest. A time for all to come together and enjoy festivities in the company of friends.

Two volunteers take on a special project, Lu King & Joyce Jeffries will work together to make birthday cards and send them to our home bound seniors and in the future send cards to all our volunteers. These two people have big hearts and are appreciated.

We have two new faces at the front desk joining the Senior Center team, please welcome Mariana and Jose who will assist you when you call or come into the facility.

Remember to live, smile, laugh, learn and stay active.

Fondly, *Liliana F. Torres*

NOTE: Upon request made no later than four (4) business days before the event, the City will provide a reasonable accommodation for a qualified person with a disability to have equal access to the event. Please contact ADA Coordinator and Human Resources Manager, Mariam Lee Ko, at (626) 403-7312 or fill out the City's request form available at www.southpasadenaca.gov and email the form to Human Resources at HR@southpasadenaca.gov.

Volunteers Needed to Teach Teens How to Knit

The South Pasadena Library and Senior Center have partnered on a project that teach Tweens to knit and scent catcher squares for the NICU at Huntington Hospital. The teens will vary from ages 10-14. Each family is given two scent catchers—one stays with the baby, one goes home with the mom, and then each day the squares are traded back and forth allowing both mother and child to be surrounded by each other's scent until they can be reunited the next day. Sharing these familiar smells helps support the important bonding that takes place in the first days and weeks of a baby's life even if they must be kept in the NICU as they grow stronger. In partnership with the South Pasadena Senior Center, Senior Volunteers will share their knitting skills with the tweens as they work together to make a difference for Huntington Hospital's smallest patients. We are looking six volunteers to teach the youth how to knit simple squares. The series will take place on October 5, 12, and 19 at 3:30 pm at the Library, and is limited to 20 tween participants. If you are interested please contact the Senior Center to sign up.

UPCOMING LECTURES & EVENTS

PAGE 3

Friday, September 7, 10 am—12 noon

Smarter Senior Forum

Thanks to the Los Angeles County Consumer Business Affairs office and Supervisor Katherine Barger we will host another workshop to educate and inform seniors on a variety of topics:

Dept. Consumer Affairs -

Consumer Scams & Identity Theft

Bet Tzedek -

*Planning for the Future-Wills, Trusts,
& Advanced Health Care Directives
How to Make Your Own Health Care
Decisions*

*How to Protect Your Property & Assets
For Your Survivors*

US Postal Inspection -

Mail fraud

Adult Protective Services -

Elder Abuse

Stay informed, be prepared, protect yourself and your loved ones. Box lunches sponsored by The Terraces at Park Marino. Sign up needed.

Thursday September 13 & 14, 9 am—1 pm

AARP Smart Driver Course - The course focuses on areas where older drivers can benefit from additional training to include: Roundabouts, pavement markings, stop-sign compliance, red-light running and safety issues. Successful participants will be provided with a certificate for their auto insurance agency, which may qualify them for a discount on auto insurance for up to three years. There is not test to pass. \$15 for AARP members, \$20 for non-members. Checks are only accepted made payable to AARP.

Monday, September 17, 1:30 pm

The Limits of Growth

Why do oil prices go up and down? What is the future of energy and mineral resources in the world? What is happening with world population? These issues are all linked, and have very important implications for the future of people on this planet. Dept. Geological Sciences, Cal Poly Pomona, and Research Associate in Vertebrate Paleontology, Natural History Museum of L.A. County.

Wednesday, September 26, 10:30 am

Movie Themes Are Many Splendored Things

*Tara's Theme *Lara's theme *As Time Goes By *The Shadow of Your Smile * Stella by Starlight *Laura *Secret Love and many more. Listen, learn, laugh and sing along. Presented by Saul Jacobs and Don Snyder. Sponsored by Senior Citizens Foundation.

Wednesday, September 5 & October 3, 10 am

Pets Needing TLC—Spend time with friendly, fun-loving dogs! The 1st Wednesday of each month, from 10:00 am-11:00 am, volunteers from the Pasadena Humane Society bring some lovable dogs to spend the morning with the members.

Wednesday, October 3, 6:30 pm

What to do About Mom and Dad? -

The workshop is designed to help caregivers and family of older adults cope with early onset conditions that can impact their quality of life. Facing making decision for an aging parent? Don't know what to do or where to turn? Workshop will include a panel of professionals and an opportunity for one-on-one questions and resource tables. Attendees will be given packet of materials for future reference including "The Family Love Letter". Program is coordinated by the Center and the Senior Citizens Commission and sponsored by Hurtado & Sokolow Real Estate. Advanced sign up needed. Event held in the Library Community Room, 1115 El Centro Street, So Pasadena.



October 8—12, 2018

Dumpster Day for Senior Citizen

Residents of South Pasadena can have large furniture or appliances picked up from their homes free of charge. Residents are asked to have items placed next to their trash containers on the day of their regular pick up. Advanced sign up is required by contacting the Senior Center office. Deadline to sign up is Thursday, October 4 at 4 pm. All other residents can bring items to drop off Saturday October 13 to Arroyo Drive (south of Mission Street) from 8 am to 2 pm.

Monday, October 15, 1:30 pm

When Humans Nearly Vanished—We think that humans are indestructible and that our species will always survive every threat, but prehistory shows this isn't true. 74,000 years ago, the gigantic eruption of Toba Volcano on Sumatra nearly wiped out humans, leaving at most a few thousand people who survived and became ancestors of all later humans. Understand the surprising convergence of evidence from volcanology, anthropology, and genetics that revealed this amazing story. Presented by Donald Prothero.

Fun-ctional Fitness

Mondays, 8:30—9:30 am (SC)

Wednesdays, 9—10 am (SC) and

Thursdays, 8:30-9:30 am (Lib. Comm. Rm)

Class is designed to improve everyday functional fitness through upper & lower extremity strengthening, core, stretch and some aerobic training. Class is geared at the intermediate level. \$26 per month for three classes or \$16 for two days or \$10 for one day per week. Instructor Bill Shuttic, Certified Trainer & Massage Therapist.



Yoga

*Mondays & Wednesdays, 8:30—9:30 am
(Library Community Room)*

Increase flexibility through positions that act upon the various joints of the body, including joints that are rarely exercised. Yoga positions also work different tendons and ligaments of the body. Yoga can relieve pain, improve sleep, create mental balance and increase energy. Cost per month \$24. Instructor: Diana Bohan, Certified Yoga Instructor.



Meditation

Tuesdays 8:30-9:30 am

Meditation calms the mind. It can teach one to focus positively on the task at hand. It is also a tool to develop and expand one's consciousness. Join certified instructor Candace Podvoll as she leads sessions on guided meditation and discussion. \$5 per class or \$16 per 4 week session/month.

Walking Group

Tuesdays & Thursdays, 8:30—9:30 am

Group meets Tuesdays and Thursdays at 8:30 am. Newcomers welcome. Meet at SC and group will introduce you to the regulars. Group is friendly and encourages one another. An easy form of exercise and does not require equipment, and allows for socializing at the same time. Lead volunteers are: Marta Pando and Linda Mendoza.

Line Dance to Oldies

MONTHLY—Ongoing *Thursdays, 9:am-10:30 am*

Learn basic line steps, dance to oldies and stimulate the brain by remembering step patterns to choreographed dances by international and national choreographers. It is also a great workout, instructed by Instructor Pauline Wong who teaches at many centers. Cost per month \$20. Walk-in fee \$5.

Ballroom Dance

Monthly -Tuesdays, 4-5 pm

September—Tango is a dramatic dance characterized by a close hold and a low center of gravity. Movement in Tango is stealthy, almost cat-like and has a staccato feel. A great example of Tango dancing was performed by Al Pacino in the movie "Scent of a Woman".

October—Cha Cha is a lively and fun dance characterized by Cuban motion and rhythm expressed throughout the body. Cha Cha evolved from the Cuban dance called the Mambo and was introduced to the United States in the early 1950s by Cuban violinist Enrique Jorrin, and quickly became a dance hit. Cha Cha remains a very popular dance to this day.

Students will learn the basic patterns and character of each dance, as well as how to recognize the music. They will learn the basics of leading and following and develop timing and rhythm. At the end of this series of classes, students should feel comfortable dancing through an entire song at parties and weddings. Class fee \$25 per month.



*Mondays, September 10, 17 & 24,
3:30-5 pm*

Wild West Bootcamp (Beginners)

Due to the success of the first bootcamps, we are offering additional ones focusing on one type of dance and a gathering to celebrate at the end of the 4 weeks. This camp will focus on country line dancing to your favorite country music. Advanced sign up needed to assure we meet the minimum, \$20 for the session. Instructor Tony Plassil.



*Mondays, October 15, 22 & 29,
3:30 pm—5 pm*

Argentine Tango —intermediate

Instructor Tony designed this class to give students continued immersion into the technique, to build on the dance steps, understand the connection and figures of Argentine Tango. Cost for the monthly session \$25.



HEALTH AND WELL BEING

Monday, September 10, 10:00 am

What is the Correct Way to Fall???

Have you asked yourselves what is the correct way to fall? Should you clutch your head? Should you roll with the fall? Is there a correct way to fall? Fitness Trainer & Massage Therapist will provide information. Advanced sign up preferred.

Friday, September 14, 10:30 am

Nature Knows No Age Limit: The Benefits of Being Outdoors

Come and join us as we learn about the benefits of being outdoors. Learn the 12 science-backed reasons to spend more of your time outdoors helping you to improve your memory, fight depression and lower blood pressure. Presented by Transitions Hospice.

Wednesday, September 19, 10:30 am

Pelvic Health

Having issues with incontinence, pelvic discomfort and other associated issues that are common as one gets older? Join us for this unique lecture and discussion revealing secrets and truths about pelvic health. Presented by April Ramirez, PT, MPT, Pelvic Health Specialist.

Monday, September 24, 10:30 am

Late Life Transitions

As we age, we face key social, physical and psychological changes. This presentation identifies late life transitions which can affect the way we function and offers tips on maintaining a positive self-view, feeling good about our past, and making the most of life in the face of these changes. LA County Dept. of Mental Health.

Tuesday, September 25, 10:30 am

Exercise the Right Way for You

Local chiropractor will speak on the correct way to exercise. Presented by Dr Christine Smith.

Wednesday, October 3, 9:30 –11:30 am

Flu Vaccine Clinic

Annual flu clinic will be available for adults with the line forming at the back of the Senior Center. Vaccines offered on a first come first served basis.

Monday, October 2, 10:00 am

Anti-Aging

Are you interested in health and nutrition and the benefits to improve your body's overall function? Are you Interested in making a life style change focused on what you eat? Attend this lecture and become informed. Bill Shuttic, Natural Health Practitioner, and Nutritionist, Herbalist.

Friday, October 12, 10:30 am

Essential Keys to True Happiness

Learn the 15 Essential Keys to True Happiness and incorporate them into your daily life. Increase your joy and bring more happiness into your life. Presented by Transitions Hospice, sign up needed

Friday, October 19, 10:30 am

Medicare Changes 2019—Evaluating your Physician & Health Plan

Representative from HealthCare Partners & SCAN health plan will cover changes coming for 2019 and tips on how to evaluate your physician and health plan. Attendees will be eligible for raffle. Coffee & Treats provided. Sign up needed.

Tuesday, October 23, 10:30

Natural Prevention and Management of Osteoporosis Presented by Dr. Christine Smith.



Monday, November 5, 10:00 am

Probiotics the Pros & Cons

Probiotics come in two forms, live culture or in a dormant form (capsule). You may wonder which is best? What should one avoid? Join us to learn more from William Shuttic, Nutritionist.

Friday, November 16, 10:30 am

Leaving a Digital Legacy for your Loved Ones

Discover how to preserve memories with today's technology, make them easy to view and share with your family and friends. Presented by Transitions Hospice.

Tuesday, November 27, 10:30 am

Healthy for the Holidays

Learn tips on how to stay healthy as the holidays approach. Presented by Dr. Christine Smith.

Wednesday, October 24, 10:30 am

Men in Retirement—Discussion

Now that you have retired, want to fill the empty hours? Facing the "permanent vacation" and a little lost? Discover ways to "Thrive in your third act!" Certified Trainer Oliver Beaudette will lead a discussion group on these topics and help bring clarity, positivity and purpose to a journey that can be the best part of our lives. Sign up needed.

October 15, 22 29 & Nov 5, 19, 1 pm

Gymnasium for the Mind

This dynamic program of directed games and exercises gives the brain a workout and promotes a wide range of cognitive functions in a fun engaging way. \$30 due at time of sign-up. Instructors: Michael Nye and Robert Leh.

October 15, November 19,
3:30 pm— 5 pm

Tech Day

Volunteers from the South Pasadena Youth Commissioners will be available to assist with troubleshooting of cell phone, iPad, tablet, or assist with setting up social media. Registration needed. Service available to members.



Wednesday, October 24, 3:00 pm

Poetry Workshop

Do you know a short poem that you would like interpreted and discussed? Class will cover established poets and interpretation as well. Bring the poem/s to poetry workshop led by Peter Brier, Professor Emeritus English. Bring several copies for distribution. Sign up needed, Sponsored by Cal State LA Life Long Learning Program.

Monday, October 29, 10:30 am

Murder Under the Microscope: Forensics in Fiction— Presented by Professor Goldwhite and sponsored by Senior Citizens Foundation.

Friday November 2, 10:00 –11:30 am

Holiday Card-a-thon

Class designed to help you create and festive holidays cards for friends & family. Instructed by Joyce Jeffries and she provides all materials. Cost per \$5. Advanced sign up needed.

November 7, 10:30 am

Los Angeles County Tax Assessors Guide to Property Tax & Assessment -

Are you thinking about transferring your real property to your children? Are you a senior looking to sell your house and move to another location? Don't miss this important presentation that can possibly save you and your family some tax money. Subjects to be covered include: Parent and Child Exclusion; Grandparent and grandchild Exclusion; Property transfers, Senior Citizens Replacement Dwelling Benefit, Transfer of decedents Real Property; Severely and Permanently Disabled Resident Exclusion; and a guide to Decline-in-Value Review. Presenter: Carol Quan, Assessor, LA County Special Assistance with Public Affairs Officer. Sign up needed.



Friday, November 9, 11:45 am

Celebrating Veterans

Join us for a lunch where we honor those who served this country. Program will include speakers and music. Sign up begins October 9 for residents, October 12 for all others. Cost per person \$2.25.



Monday, November 19, 1:30 pm

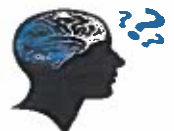
Where's the Fire?

Nobody talks about it much, but wildfires are a major form of natural disaster. We will discuss all the aspects of this important environmental change. Presented by Donald Prothero, Dept. Geological Sciences, Cal Poly Pomona & Research Associate in Vertebrate Paleontology, Natural History Museum of L.A. County. Sponsored SC Foundation.

Monday, November 19, 10:30 am

Preserving your Memory

As we age, we have moments of forgetfulness. You will learn useful tips and brain exercises will be presented to sharpen thinking and keep moments of forgetfulness to a minimum. Presented by LA County Dept. of Mental Health. Sign up needed.



FREE CLASSES - MEMBERS :

Book Discussion Group

Meets third Wednesday of each month, 10 am to 11:45 am.

September 19 & October 17, 2018, contact the front desk for list of books the group is reading. Led by Liz Giffen-Glad. *Registration required.*

Bridge

Challenge the mind with one of the greatest card games. Some knowledge of Bridge is required. Tuesdays, 10 to 11:30 am and 1 pm to 3 pm. Group led by volunteers. Membership required.

Canasta & other Games

Group meets Thursday afternoons from 1:30 pm to 4:45 pm. Various games are played.

COMPUTER LAB

The lab is available to members of the Center only, free of charge. Annual registration is required; call for availability. Systems are not available during classes.

WIFI

Access is available to members of the Center. Make sure to check with the front desk for access. Be advised that the password is changed every six months.

Creative Writing

Bring your ideas and/or poems to share. Thursdays 1-3 pm. Led by Dave Gibson.

French Conversation & Grammar (Intermediate)

Learn French. Class on hold until fall. Instructor: Monique Huynh. **(CLASS ON HOLD)**

Italiano

(Intermediate)

Mondays at 11:00 am intermediate class will require a text book at the cost of \$15. Instructor Ron De Luco. Limited seating—register in advance.



Italiano (Conversational)

Class shares in conversation and meets Mondays at 12:00 pm. Instructor: Miguel Angel Coronado. No registration required for this class.

Espanol

Intermediate

Tuesdays from 9:00-11:00 am. The first half hour is for those that wish to discuss individual concerns regarding Spanish to meet with Les before the formal class begins at 9:30. Instructor: Les Brown *Beginning—*

Thursdays 9 –10 am (NEW)

Class is for those with no knowledge of the language. Book purchase is required. Instructor: Walter C.



Mah Jong

Group meets on Mondays at 1:30-4:45 pm and Thursdays 9:30 am to 12 noon. Independent group, players need to have some knowledge of the game.

Chair Yoga

Offered by Huntington Hospital. Class is limited to 20 participants. September 18 10:30 am and October 17 (returns to 3rd Wednesdays). Call to reserve a seat.

Sewing Class

Fall session begins Thursday, August 30—December 13, 2018.

12:00 - 3:50 pm. Class is designed for adult students at the beginning level or for those with limited sewing abilities. Offered to Center by Pasadena City College, Community Education Program. Students register at PCC or first day of class at Center. Instructor Gisela Mena.



Stitchery

Group meets Thursday 9:30 to 11:30 am. Group meets to share stitchery projects and help out one another.

FEE CLASSES:

All Things Apple (Intermed.)

Learn to utilize all features with Apple devices. Introductory course is for all levels and will enlighten one on all the things that can be done with an IPOD, iPhone, iPad, iWatch and Apple Mac computer. Special attention will be given to those coming from a PC environment. The sky is the limit on what can be done with these powerful devices. Bringing your own devices is advised. **BONUS:** Special emphasis on Apple's new IOS 10 operating system for iPhone and iPad. Instructor is David Whitby, \$40. Reservation necessary.



Crochet & Knitting

Wednesdays 9:30 , instructor: Jean Shono, \$5 per class. Learn to create projects.



Blood Pressure Clinics

Fourth Wednesday—Right At Home Services offered from 10 -11 am. **September 26 & October 24, 2018.**

First Friday—Transitions Hospice, 10-11:30 am. **September 7 & October 5, 2018.**

Glucose Testing & Blood Pressure

Screening are offered the 3rd Monday for summer months and resume to the **second Wednesday in October.** Huntington Hospital nurse Kathy Eastwood is available to provide glucose test and blood pressure screenings. Fasting 1.5 hours prior is required. Walk-ins welcome. 8:30-10:30 am. Next Dates will be **September 17 & October 10, 2018.**

Podiatry Clinic

Local podiatrist is available the **third Monday** (unless a holiday) from 1-4 pm, by appointment. Next dates will be **September 17 & October 15, 2018.** Medicare assignment is accepted; however, 61 days are needed between visits for Medicare to cover. He does not work with HMO plans but can charge \$45 for private pay service.

Elder Wisdom Group

Elder wisdom circle is a facilitated, ongoing, open discussion group. The group is deeply committed to personal growth, positivity, and the enormous potential of daily choices. The group acknowledges and refines the gift of emotional maturity that is only available to those

Continued:

with many years of life experience. The group honors and respects one another. They share resources and support each other as they journey through what can be the best part of our lives, finding meaning and purpose today and every day. Group facilitator: Oliver Beaudette, Certified Sage-Ing Leader. **Meets second & fourth Wednesdays, at 1 pm. September 12 & 26, October 10 & 24, 2018**

Convalescent Care Planning

Elder law attorney Carlos Arcos provides information on finding and paying for convalescent care as well as on financial protection for married couples under the Spousal Impoverishment Law. Contact the Center to arrange a 15 minute consultation free of charge.

Legal Advice

We are looking for a new attorney to donate his/her time and offer free consultations to our members. If you have an urgent need, please contact the office and we will connect you with a source.

Financial Advice

Registered Investment Advisor will advise on guaranteed income planning, higher interest returns, tax reduction and more. Scott W. Burch is available every 2nd and 4th Tuesday, 10:00 am -12:00 noon, by appointment only.

Access Services

Provides service within LA County. To register call (800) 887-0829. To make a reservation call (800) 883-1295.

Information & Referral Services

Assistance is available to provide resources which assist in dealing with aging issues and preventing unnecessary institutionalization. Housing information and counseling to assist with day to day stressors. Contact the office for information or make an appointment to meet with Senior Center Manager, Liliana Torres

MTA Passes (TAP) Residents age 60 and over are eligible for a reduced MTA pass to ride the Gold Line or buses. In order to reload TAP cards, Seniors and/or disabled persons must have a TAP card, provide proof of residency in South Pasadena (water or electric bill), and ID (to verify age and/or proof of disability). If you are obtaining TAP for the first time, go to www.metro.net or call (323)466-3876 for more information. *\$10 per month for residents.*

Stroke Support Group

Meets Tuesdays, 11am-12:30 pm (Except 2nd Tuesday). Meet survivors, share courage, change focus to celebrate progress. Led by Reams Freedman, Stroke Association.

Telephone Reassurance

Volunteers make calls to home bound seniors. For more information contact the front desk. Led by Walter Cervantes, volunteer.

Dial-a-Ride

Monday through Friday service, service covers South Pasadena & parts of Pasadena (medical only), appointments need to be made 24 hours in advance, call the office at (626) 403-7368.

Site Manager: Katrina Faulmino

On-site Program

Meals are served weekdays at 11:45 am with reservations held until 12 noon.

Seniors/disabled \$2.25

Persons under

age 55 or Caregiver \$5.40 new

Cancellation needs to be received by **10 am** or individuals will be billed for meal. Coupons are available for purchase.

This project is funded in part by the US Department of Housing & Urban Development Program.

Home Delivered Meals

Meals are delivered by volunteers Monday through Friday for those senior/disabled residents of South Pasadena who are frail or recovering from illness in their

home. Applications can be accessed from website or by calling the office.

Seniors/disabled \$2.50 *meal*

Meals are delivered between 11 am and 1 pm and are billed at the end of each month.

Box Lunches

On Fridays we offer boxed lunches for the weekend and long holidays.

Volunteers

We run both programs thanks to committed volunteers! For the on-site program the team is: Sue Quon, Lee Balint, Kin Lam, Joan Pantano, Michael Gutierrez, Rudy Avila-Garcias, Sylvia Quezada and

Amy Yada.

Delivery Team

A team of Volunteers deliver meals to home bound residents Monday through Friday.

Our team is: *Linda Euler, Barbara Klein, Bob Vanderwall, Bill Suter, Michael Gutierrez, Paul Peel, Kit Roselund, Steven Koutnik, Linda Pauloo, Anita Sue Norton, Elena Cervantes, Megan Cooper and newest volunteers Judith Greenhut, Reva Khullar and Reggie Lopez.*

Call the front desk to make a reservation or for additional information. The application for delivered meals or the menu can be found on our website, go to: www.southpasadenaca.gov/CommunityServices.

SENIOR CINEMA

Foreign Film Friends

The Foreign Film group meets twice a month on the **2nd & 4th Mondays** of the month. The show time has been changed and will begin at **1:15 pm**, unless otherwise noted.

Sept 10 In the Fade (2018) German (106mins)
Sept 24 The Stoning of Soraya M. (2008)
Persian/English (114mins)

Oct 08 The Closet (2001) French (94mins)
Oct 22 The Fencer (2015) Estonian, Russian, Armenian (99mins)

Senior Cinema Fridays

Films are offered Friday afternoons at 1 pm unless noted otherwise and are selected by a committee. Suggestions are welcome and can be left in the box near the coffee area. The Committee maintains a balance of new releases and some classics.

Sept 07 The Big Knife (1955) (113mins) shown at 1:30 pm due to event

Sep 14 Chappaquidic (2017) (101mins)
Sep 21 15:17 to Paris (2018) (120mins)
Sep 28 No film due to event

Oct 5 Won't You Be My Neighbor (2018) (94mins)
Oct 12 The Book Club (2018) (104mins)
Oct 19 Ocean's 8 (2018) (110mins)
Oct 26 Gotti (2018) (112mins)

Volunteer committee is made up of the following volunteers:

Jolyn Loomis, Bill Hilliard, Bob Lynes, Barbara Watkins and Denise Blue.

Films are subject to change based on availability. Senior Center Motion Picture License number is #12570160.



The Senior Center offers a variety of opportunities for traveling at a low cost. Thanks to funding from Proposition A funds to cover the expense of the motor coach. The program is led by coordinator Bertha Copeland who volunteers at the Center on Fridays. Feel free to leave messages for her if you have questions, or ask the front desk staff to assist you. All tours depart from War Memorial Building, 435 Fair Oaks Avenue, South Pasadena.

Special thanks to the volunteers who are always assisting Bertha with the tours, Sylvia Quesada and Rudolph Avila-Garcia.

NOTE: Boarding for trips—all persons going on excursions will be bordered in order of when payment is made. I ask that everyone be respectful and courteous to all volunteers, as they are giving their time and are helping make the excursions happen.

All tours require a check for payment at the time of sign up. Call the front desk at (626)403-7360 for additional information or to leave a message for the volunteer coordinator.

Note: No refunds unless 30 day prior noticed is given, minus the trip fee of \$10.

Residents of South Pasadena have priority registration days for all excursions

EXCURSIONS offered by the CITY OF SOUTH PASADENA:

We are fortunate to receive funding from Proposition A funds. (Gas tax money allocated to the City of South Pasadena). With these funds, we are able to offer trips to local points of interest at a low fee.

September 20, 2018

Gardens of the World/The Lakes Thousand Oaks & Stage Coach Museum Newbury Park
Sales open August 13 resident, Aug 16 other
The Gardens of the World became a reality when Ed and Lynn Hogan, founders of Pleasant Holidays, decided to build a striking monument to commemorate the various cultures of the world. Their motivation was simple: to give something back to the community where they live and conduct their highly successful business, and the

Sept continued:

desire to share with others their travel experiences and the beauty they have seen during their travels around the world. Cost per person \$10.

October 18, 2018

California Science Center—King Tut Exhibit

Sales open Sept 10 residents Sept 13 all others

To celebrate the 100-year anniversary of the discovery of King Tut's tomb, the California Science Center proudly presents the world premiere of KING TUT: TREASURES OF THE GOLDEN PHARAOH—the largest King Tut exhibition ever toured! Discover over 150 authentic artifacts from King Tut's celebrated tomb—60 of which have never traveled outside of Egypt, until now. Trip will include tickets to the Endeavor exhibit. Lunch on your own in the courtyard or bring your own. Cost per person \$30.

November 15, 2018

Automobile Driving Museum in El Segundo

Sales open October 2 residents & Oct 5 all others

One of Southern California's premier destinations for car enthusiasts where museum visitors experience a wide range of vehicles from years gone by. The Museum is committed to the preservation and maintenance of these cherished age-old automobiles for generations to come. Trips departs at 9:30 am. Cost per person \$15.

December 6, 2018

Laguna Art Museum & Shopping on Forest Avenue

Sales open November 5 residents & 8 for all others

Laguna Art Museum is the museum of California art. It collects, cares for, and exhibits works of art that were created by California artists or represent the life and history of the state. Unlike any other museum in the state, it collects California art and only California art, and ranges across all periods and styles, nineteenth-century to present-day. Lunch on your own. Tour departs 9:30 am. Cost per person \$15.

Future trips for 2019: QUE Sky Space; Fashion Institute of Design & Olvera Street; Automobile Driving Museum; Gene Autry Museum, Dodger Stadium. tour to name a few.



Dial-A-Ride for South Pasadena residents



Come one, come all! South Pasadena Dial-A-Ride is on the move! The curb-to-curb service is for South Pasadena residents who are 55 years of age or over, and/or residents with a disability. Patrons may use the service to and from any location within city limits and to some medical facilities in Arcadia, Pasadena, and Alhambra.

For inquiries, call the office at 626.403.7368 and ask how we can keep you on the move!



SENIOR CITIZENS FOUNDATION OF SOUTH PASADENA, INC.

The Foundation was formed to raise funds for the Senior Center to enable improvements to programming, the facility, and other needs the Center may have that are not covered by the City of South Pasadena general fund. Over the last few years, the Foundation has gifted the equipment, furnishings, programming and new this year they sponsored the Mother's Day event. With a new board of directors they are excited to make big improvements to your Senior Center. They are currently focusing on creating a system for Inheritance & Legacy gifts to benefit the Center long term. Recently the Center received a large donation from a family that was appreciative and grateful for the Home Delivery Meal Program that their parents have participated in for many years and allowed them to continue living at home. That gratitude gave the Center \$70,000! The public is invited to be part of the gift giving and make a tax deductible donation to benefit the Senior Citizens Center. Checks can be made payable to Senior Citizens Foundation of South Pasadena and mailed to the Center.

The board currently is made up of: Shelby Rector, Barbara Sinclair, Boyd Hudson, Liz Giffen-Glad, Jonathon Primuth, William Cullinane and Richard Helgeson. The board is looking forward to supporting the Senior Center.

We are truly grateful for all the generosity and look forward to the future. **THANK YOU!**



Birthday Celebrations

The Center will celebrate birthdays on September 26 (changed due to event) & October 26, 2018.

Honorees receive free lunch and birthday card.

Cake is provided for all attending the luncheon.

Advanced sign up required.

Special thanks to our sponsor:

Anthem Blue Cross

They will provide cake September through December 2018, thank you!

City of South Pasadena
Senior Citizens Center
1102 Oxley Street
South Pasadena, CA 91030

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CITY OF SOUTH PASADENA

PAGE 12

Senior Commission

Robert Vanderwall, Chair
Cindi Knight, Vice-Chair
Herb Schon, Commissioner
Alexandria Levitt, *Commissioner*
Matty H. Sokolow, *Commissioner*
Robert Joe, *Council Liaison*

The Commission meets the 2nd
Wednesday of each month at 8:30 am.
The public is welcome to attend.

S C Foundation

Barbara Sinclair, President
William Cullinane, Vice-President
Boyd Hudson, Treasurer
Richard Helgeson, Board member
Liz Giffen-Glad, Board member
Shelby Rector, Board member
Jonathon Primuth, Board member

Senior Center Staff

Sheila Pautsch, *Comm. Svs Director*
Liliana F. Torres, *Senior Center Mngr*
Katrina Faulmino, *Site Manager*
Sandae H., *Recreation Leader*
Maria S., *Recreation Leader*
Jose L., *Recreation Leader*
Mariana G., *Recreation Leader*

COFFEE & TREATS RETURN

Coffee and treats are made available once per month and
sponsored by agencies that provide services that assist
with aging in place and maintaining independence.

The dates are as follows:


September 26, The Terraces Park Marino

October 19, The Kensington Sierra Madre

October 24, The Terraces Park Marino

November 28, The Terraces Park Marino

Sponsors are available from 10 am to 11:30 am

September 2018				
Mon	Tue	Wed	Thu	Fri
3  CLOSED HAPPY LABOR DAY	4 8:30 Walking Group 8:30 Meditation 9:00 Review Spanish 10:00 Bridge 11:00 Stroke Support Group 1:00 Bridge 4:00 Ballroom Dance	5 8:30 Yoga 9:00 Func- Fitness 9:30 Crochet & Knitting 10:00 Pats Needing TLC 1:00 Matter of Balance	6 8:30 Func- Fitness 8:30 Walking Group 9:00 Spanish Beg. 9:00 Line Dance 9:30 Mah Jong / Stitchery 12:00 Sewing Class 1:00 Creative Wtg./ 1:30 Mah Jong	7 10:00 Blood Pressure Screening 10:00 Smarter Senior Forum 11:45 Meal Program 1:30 Cinema (due to event)
10 8:30 Yoga / Func- Fitness 10:00 Fall Prevention - Ways to Fall 11:00 Italian Intern. / 12:00 Italian Conv. 1:15 Foreign Film 1:30 Mah Jong 3:30 Wild West Bootcamp	11 8:30 Walking Group 8:30 Meditation 9:00 Review Spanish 10:00 Financial Advice 10:00 Bridge 1:00 Bridge 4:00 Ballroom Dance	12 8:30 Yoga 9:00 Func- Fitness 9:30 Crochet & Knitting 1:00 Elder Wisdom 1:00 Matter of Balance	13 8:30 Func- Fitness/ Walking Grp 9:00 Spanish Beg. / Line Dance 9:00 Smart Driver Course 9:30 Mah Jong / Stitchery 12:00 Sewing Class 1:00 Creative Wtg. 1:30 Mah Jong	14 9:00 Smart Driver Course 10:30 Nature Knows no Age Limit 11:45 Meal Program 1:00 Cinema
17 8:30 Yoga/ Func- Fitness 8:30 Glucose & Blood Pressure 10:30 Chair Yoga 11:00 Italian Intern. / 12:00 Italian Conv. 1:00 Podiatry Clinic / 1:30 Mah Jong 1:30 Limits of Growth 3:30 Wild West Bootcamp	18 8:30 Walking Group 8:30 Meditation 9:00 Review Spanish 10:00 Bridge / 1:00 Bridge 11:00 Stroke Support Group 4:00 Ballroom Dance	19 8:30 Yoga 9:00 Func- Fitness 10:00 Book Club 10:30 Pelvic Health 9:30 Crochet & Knitting 1:00 Matter of Balance	20 8:30 Func- Fitness 8:30 Walking Group 9:00 Spanish Beg. / Line Dance 9:30 Mah Jong / Stitchery 12:00 Sewing Class / 1:00 Creative Wtg. / 1:30 Mah Jong	21 11:45 Meal Program 1:00 Cinema
24 8:30 Yoga 8:30 Func- Fitness 10:30 Late Life Transitions 11:00 Italian Intern. / 12:00 Italian Conv. 1:15 Foreign Film 1:30 Mah Jong 3:30 Wild West Bootcamp	25 8:30 Walking Group 8:30 Meditation 9:00 Review Spanish 10:00 Bridge & 1:00 Bridge 10:30 Exercise Right Way 11:00 Stroke Support Group 4:00 Ballroom Dance	26 8:30 Yoga 9:00 Func- Fitness 9:30 Crochet & Knitting 10:30 Movie Themes- Splendored Things 11:45 Birthday Celebration 1:00 Elder Wisdom 1:00 Matter of Balance (cancelled)	27 8:30 Func- Fitness 8:30 Walking Group 9:00 Spanish Beg. / Line Dance 9:30 Mah Jong / Stitchery 12:00 Sewing Class 1:00 Creative Writing/1:30 Mah Jong	28 11:45 Spaghetti Feast & Entertainment 1:00 Cinema (cancelled)

October 2018				
Mon	Tue	Wed	Thu	Fri
1 8:30 Yoga 8:30 Func- Fitness 10:00 Anti Aging 11:00 Italian Intern. 12:00 Italian Conv. 1:30 Mah Jong	2 8:30 Walking Group 8:30 Meditation 9:00 Review Spanish 10:00 Bridge / 1:00 Bridge 11:00 Stroke Support Group 4:00 Ball Room Dance	3 8:30 Yoga / 9:00 Func- Fitness 9:30 FLU SHOT CLINIC 9:30 Crochet & Knitting 10:00 Pets Needing TLC 1:00 A Matter of Balance 6:30 What to do About Mom and Dad	4 8:30 Func- Fitness 8:30 Walking Group 9:00 Spanish Beg. / Line Dance 9:30 Mah Jong / Stitchery 12:00 Sewing Class 1:00 Creative Writing / 1:30 Mah Jong	5 10:00 Blood Pressure Screening 11:45 Meal Program 1:00 Cinema
8 CLOSED	9 8:30 Walking Group 8:30 Meditation 9:00 Review Spanish 10:00 Financial Advice 10:00 Bridge / 1:00 Bridge 4:00 Ball Room Dance	10 8:30 Yoga / 9:00 Func- Fitness 8:30 Glucose & Blood Pressure 9:30 Crochet & Knitting 10:30 Chair Yoga 1:00 Elder Wisdom 1:00 Matter of Balance	11 8:30 Func- Fitness 8:30 Walking Group 9:00 Spanish Beg. / Line Dance 9:30 Mah Jong / Stitchery 12:00 Sewing Class / 1:00 Creative Wtg. 1:30 Mah Jong & Board games	12 10:00 Essential Keys to Happiness 11:45 Meal Program 1:00 Cinema
15 8:30 Yoga / Func- Fitness 11:00 Italian Intern. / 12:00 Italian Conv. 1:00 Podiatry Clinic 1:30 When Humans Almost Vanished 1:00 Gymnasium for the Mind 1:30 Mah Jong/ 3:30 Tech Day 3:30 Argentine Tango	16 8:30 Walking Group 8:30 Meditation 9:00 Review Spanish 10:00 Bridge / 1:00 Bridge 11:00 Stroke Support Group 4:00 Ball Room Dance	17 8:30 Yoga 9:00 Func- Fitness 10:00 Book Club 9:30 Crochet & Knitting 1:00 A Matter of Balance	18 8:30 Func- Fitness 8:30 Walking Group 9:00 Spanish Beg. / Line Dance 9:30 Mah Jong / Stitchery 12:00 Sewing Class / 1:00 Creative Wtg. 1:30 Mah Jong & Board games	19 10:30 Medicare Changes 2019 11:45 Meal Program 1:00 Cinema
22 8:30 Yoga 8:30 Func- Fitness 11:00 Italian Intern. / 12:00 Italian Conv. 1:00 Gymnasium for the Mind 1:15 Foreign Film 1:30 Mah Jong 3:30 Argentine Tango	23 8:30 Walking Group 8:30 Meditation 9:00 Review Spanish 10:00 Bridge & 1:00 Bridge 10:30 Natural Prevention 11:00 Stroke Support Group 4:00 Ball Room Dance	24 8:30 Yoga 9:00 Func- Fitness 9:30 Crochet & Knitting 10:30 Men in Retirement 1:00 Elder Wisdom 3:00 Poetry Workshop	25 8:30 Func- Fitness 8:30 Walking Group 9:00 Spanish Beg. / Line Dance 9:30 Mah Jong / Stitchery 12:00 Sewing Class / 1:00 Creative Wtg. 1:30 Mah Jong & Board games	26 11:45 Birthday Celebration 1:00 Cinema
29 8:30 Yoga 8:30 Func- Fitness 10:30 Murder Under the Microscope 11:00 Italian Intern. / 12:00 Italian Conv. 1:00 Gymnasium for the Mind 1:30 Mah Jong 3:30 Argentine Tango	30 8:30 Walking Group 8:30 Meditation 9:00 Review Spanish 10:00 Bridge / 1:00 Bridge 11:00 Stroke Support Group	31 8:30 Yoga 9:00 Func- Fitness 9:30 Crochet & Knitting 9:00 Main room closed 11:45 Halloween Luncheon	South Pasadena Senior Center 1102 Oxley Street, South Pasadena, CA (626) 403-7360	



SEPTEMBER 2018



Monday	Tuesday	Wednesday	Thursday	Friday
3 CLOSED LABOR DAY	4 Brown Rice Patty w/ mushroom gravy Greens beans w/ onions Salad with onions Roll Vanilla pudding	5 Chicken Napolitano Mashed potato Buttered corn Garlic bread Lime gello with pineapple	6 Beef Pot Roast Broccoli/cauliflower mix Sweet potato casserole Fresh apple Wheat bread	7 Box lunch Special event
10 Herb Baked Chicken Baked potato w/ sour cream Green salad Tapioca pudding Orange juice Roll	11 Spaghetti tomato sauce & eggplant Shredded zucchini & onions Gello with fruit cocktail Garlic bread	12 Tuna Casserole Buttered peas Lettuce red cabbage salad Fruit cocktail French bread Apple juice	13 Egg salad w/ almonds & celery Shredded lettuce Three bean salad Crackers Watermelon slice	14 ONION SOUP Vegetable Lasagna Mixed green salad Wheat bread Ice cream
17 CREAM OF CARROT SOUP Roast Turkey Potato gratin w/ kale Green beans Mandarin oranges	18 Chicken Enchilada Casserole Black beans Herbed rice Salad w/ onions & croutons Fresh fruit	19 Chicken Florentine Lemon orzo pasta Pineapple tidbits w/ yogurt Garlic bread Orange juice	20 Roast Beef Sandwich w/ gravy Mixed vegetables Potato wedges Sourdough bread Orange slices	21 Baked Ziti w/ sausage slices, mozzarella cheese Zucchini w/ onions Peaches in syrup French roll
24 Meatball Sandwich w/ mozzarella & tomato sauce Pasta salad w/ vegies Fruit cocktail Roll	25 Sloppy Joes w/ bun Coleslaw BBQ Beans Peaches in syrup Orange juice	26 Birthday Celebration Roasted Tri-tip Roasted red potatoes Carrots w/ herbs Cantaloupe slice Sourdough bread Cake	27 Macaroni Cheese Casserole Roasted tomato slice with parmesan cheese Carrot rasin salad Oatmeal cookies	28 FEAST Spaghetti Bolognese Italian salad Garlic bread Spumoni ice cream w/ butter cookie

SOUTH PASADENA SENIOR CENTER

2.25 PER MEAL and \$5.40 for those under 55 yrs. old

RESERVATIONS REQUIRED

Cancellations required

by 10am (626) 403-7360

Menu Subject To Change Without Notice

